

Cutting Calories & Fat when Dining Out

Cutting Calories When Dining Out

Skip the bread and butter

Avoid the appetizer trap or share one with a group of people

Limit alcohol intake before a meal

Substitute a vegetable for French fries

Substitute a tossed salad for coleslaw

Order salad dressing or sauces on the side

Don't "LOAD" the potato

Ask that the entrée be prepared without butter or oil

Choose tomato-based sauces rather than cream-based sauces

Drink an unsweetened beverage instead of a sweetened one

Share a dessert with a friend

Stop eating when you are full

Cutting Fat When Dining Out

Skip the fried foods

Pass on the croutons and bacon bits

Try Canadian bacon instead of regular bacon or sausage

**Skip the tuna, chicken and seafood salads
(they're loaded with mayo and fat)**

Don't load on the salad dressing on top of a healthy salad

Pass on the added butter or oil

